

# Burn First Aid

## Factsheet



- Cooling is critical immediately after a burn injury however only approximately 70% of children and 60% of adults receive good burn first aid\*
- Applying cool running water for 20 minutes to the burn up to three hours following burn injury reduces burn size, and depth, and is good for pain management

\*Data obtained from Burns Registry of Australia and New Zealand (BRANZ) 2020

### If on fire

- ✓ Stop, drop to ground, cover face & roll so fire is smothered.
- ✓ Smother flames with a fire blanket
- ✓ Move away from heat source

### Remove clothing and jewellery (including nappies)

- ✓ Clothing can hold heat on burnt area.
- ✓ If swelling occurs jewellery can stop blood flow to burnt area.

### Apply cool running water

- ✓ For at least 20 minutes
- ✓ If running water not available, spray water or wet 2 cloths and alternate them onto burn every 30 seconds (re-wet if needed to keep cool)
- ✓ If no water is available a hydrogel burn first aid dressing can be used until water is available (if within 3 hours). Caution when using on large % TBSA due to high risk of hypothermia

After first aid cover burn with clean cloth and keep patient warm

Give pain relief if required

### For first aid do not use alternatives like

- × Ice
- × Butter
- × Toothpaste
- × Creams
- × Bandage

These do not cool the burn



### Seek medical attention

- ✓ For any burn bigger than 3cm, or with blisters
- ✓ If any concerns

For more information go to [www.anzba.org.au](http://www.anzba.org.au)